











December 2023 Programs and Events



SUN	MON	TUE	WED	THU	FRI	SAT
26	27 Boxwood Tree Workshop (1) 6pm-8pm 	28	29 Tai Chi (ongoing) 12pm-1pm Bone Builders (2) 9:30am-10:30am	30	1 Coffee Social 9-10am Bone Builders(1) 10-11am	2
3 Christmas Tree Lighting 5pm-7pm @ Stratham Firehouse 	4 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am	5 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am Meet & Greet Luncheon 11:30am-1:30am 	6 Tai Chi (ongoing) 12pm-1pm Bone Builders (2) 9:30am-10:30am Frugal Holiday Workshop 6pm-8pm 	7 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm 	8 Coffee Social 9-10am Bone Builders(1) 10-11am	9 Magic of Christmas 
10	11 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am	12 Hiking @ SHP 9am-10:30am Painting Class 9:30am-11am Cookie Swap with a Purpose 2pm-4pm Boxwood Tree Workshop (2) 	13 Bone Builders (2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm	14 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm 	15 Coffee Social 9-10am Bone Builders(1) 10-11am Hand Felted Soap Class 	16
17	18 Bone Builders (2) 9am-10am Bone Builders (1) 10:15-11:15am	19 Hiking @ SHP 9am-10:30am Painting Class 9:30-11am	20 Bone Builders (2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm	21 Painting Class 9:30am-11am Yummy Yoga 12pm-1pm 	22 Coffee Social 9-10am Bone Builders(1) 10-11am	23
24	25 Limited Programming 12/25-1/2 due to holiday break	26	27 Bone Builders (2) 9:30am-10:30am Tai Chi (ongoing) 12pm-1pm	28	29 Bone Builders(1) 10am-11am	30





Yummy Yoga

When: Thursday afternoons from 12:00–1:00PM. Starts on Thursday, December 7th
Where: Meeting Room A at the Stratham Municipal Center
Free for Stratham residents. \$10.00 for non-residents. Registration Required.

Come join us for Yummy Yoga with Diane Smith, certified Yoga teacher and new Program Assistant for Stratham Parks & Recreation.
Enjoy gentle flow yoga geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

Meet & Great Luncheon for Retirees and Senior Citizens

Please join us on Tuesday, December 5th from 11:30am–1:30pm at the Stratham Municipal Center to welcome Diane Smith, our newest member of the Stratham Parks & Recreation Department as our Program Assistant.

Diane is a Stratham Resident who recently retired from 16 years of a Marketing Career at RiverWoods in Exeter. She understands the value of community and looks forward to meeting you to hear your thoughts and suggestions, on how we can grow our Retired/Senior Programs. A lunch of sandwiches, salads and cookies will be provided. We hope you will mark your calendars!! Please RSVP by December 1st to Zach Cherry via email zcherry@strathamnh.gov



Cookie Swap with a Purpose!

Please join us on December 12th from 2:00–4:00PM in the Senior Gathering Room at the Stratham Municipal Center.

In this season of giving, we invite you to join us on December 12th for a Cookie Swap with a Purpose. We have partnered with Seacoast Family Promise whose mission is to empower families with children who are experiencing homelessness to achieve lasting self- sufficiency. Their greatest needs are Gas Cards (\$25.00 or less Irving is the preferred location) and Market Basket Gift Cards (any amount). Bring a dozen of your favorite cookies and a container to bring your exchanged cookies home. We will provide eggnog, coffee, and tea.

Please know you DO NOT have to bake cookies to attend this event, but we will appreciate gift card donation. We hope to fill the room with cookies and people!! Please RSVP by December 10th to Zach Cherry via email zcherry@strathamnh.gov

Hand Felted Soap Class

Where: Senior Gathering Room at the Stratham Municipal Center
When: December 15th from 11am–1pm Cost: \$15.00. Registration Required

Get ready for a sudsy adventure with the enchanting craft of hand-felted soaps! It’s like giving your soap a soft, wooly sweater that gently exfoliates your skin and makes your soap last even longer! Just bring two of your favorite bars, and let Patricia guide you to felting success! These make wonderful gifts and stocking stuffers!



Boxwood Tree Workshop

Join us for a fun night out at the Stratham Municipal Center on Tuesday December 12th from 6:00pm–8:00pm Cost: \$50.00
Open to residents and non-residents. Registration Required

Learn how to make a beautiful fresh boxwood tree to enjoy for the holidays. The boxwood tree is an elegant centerpiece made out of boxwood, your color choice of velvet ribbon, gold balls, berries, and natural gypsophila. When properly watered can last for months!!!

Diane Smith
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Contact us:
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